



SHIP: Where to Go for Services

Condition Type	Condition	UHS? (Copay varies by service type)	Primary Care Provider? (\$25 copay)	Urgent Care? (\$25 copay)	Specialist? Type? (\$25 copay)	Emergency Room? (\$125 copay)	Treatment Facility? (\$0 outpatient, \$150 inpatient)	Pharmacy? (copay varies by service/prescription)
Illness	Cold symptoms	Yes	Yes	Yes				
	Flu-like symptoms	Yes	Yes	Yes				
	Migraines	Yes	Yes					
	Sharp chest pains					Yes		
	An issue with the eye (pink eye, a stye, etc.)	Yes	Yes	Yes				
	Allergies	Yes (with limits)	Yes		Yes; Allergist (copay may vary based on where services are received)			
	Asthma management	Yes (for management, not critical issues)	Yes	Yes		Yes (if severe)		
	Earache	Yes	Yes	Yes				
	Rash that will not go away	Yes	Yes	Yes				
	Stomach issue (vomiting, diarrhea, abdominal pain, etc.)	Yes		Yes	Yes (if severe)			
Preventive Care	Flu shot	Yes	Yes					Yes; \$0 copay
	Immunization	Yes	Yes					Yes; copay dependent on type of immunization
Behavioral Health	Seek counseling — really high stress levels	CaPS (Free to all CMU students)	Yes (screening/referral)		Yes; Psychiatrist, psychologist, counselor, therapist, etc. (\$0 copay for outpatient mental health)			
	Assessment for medicine related to a psychological condition.	Yes (Psychiatrist on staff)	Yes		Yes; Psychiatrist, psychologist, counselor, therapist, etc. (\$0 copay for outpatient mental health)			
	Help with an addiction	Yes	Yes			Yes		
	Diabetes management	Yes	Yes					
	Sleeping poorly	Yes	Yes					
	Better my health and weight	Yes	Yes					
Physical Health	Moderate to severe cut	Not recommended		Yes		Yes (if severe)		
	Sore neck/back	Yes	Yes		Yes; Chiropractor (\$0 copay - up to 25 visits per year)			
	Sprain or fracture	Yes		Yes				
	Mole or other suspicious skin spot	Yes	Yes		Yes; Dermatologist			
	Moderate to severe toothache	?		Yes	Yes; Dentist (severe issue may be covered by medical insurance, but most dental issues require dental insurance for coverage)			
Women's Health	Birth control prescription	Yes	Yes		Yes; Gynecologist			
	Urinary tract infection (UTI)	Yes	Yes	Yes				

Medical Specialties and Types of Providers



Selected Specialties	What they treat
Allergist	Allergies, asthma and immunologic disorders
Cardiologist	Heart disorders
Chiropractor	Neuromuscular disorders, with an emphasis on treatment through manual adjustment and/or manipulation of the spine
Dentist	Mouth and teeth conditions
Emergency Physician	Illnesses or injuries requiring immediate medical attention
Dermatologist	Skin disorders
Endocrinologist	Hormonal and metabolic disorders, including diabetes
Family Medicine / Primary Care	Physicals, common illnesses, help diagnose more serious illnesses
Gastroenterologist	Digestive system disorders
Neurologist	Conditions and disease involving the central and peripheral nervous systems
Obstetrician / Gynecologist (OB/GYN)	Women's reproductive health
Ophthalmologist	Eye diseases and disorders
Optometrist	Routine eye exams
Oral Surgeon	Injuries and defects in the head, neck, face, jaws and mouth
Pediatrician	Medical care of infants, children, and adolescents
Pharmacist	Administer medications
Physical Therapist	Medical or other health problems that limit ability to move and perform daily activities
Psychiatrist / Therapist / Psychologist / Counselor	Emotional and behavioral problems
Pulmonologist	Diseases involving the respiratory tract
Radiologist	Uses medical imaging to diagnose and treat diseases within the human body
Urologist	Medical diseases of the male and female urinary-tract system and the male reproductive organs

Medical Specialties and Types of Providers



Types of Providers	Training
Medical Doctor (MD)	Professional who practices medicine, which is concerned with promoting, maintaining, or restoring health through the study, diagnosis, prognosis and treatment of disease, injury, and other physical and mental impairments.
Nurse Practitioner (NP)	Nurses with graduate training. They can serve as a primary care provider in family medicine (FNP), pediatrics (PNP), adult care (ANP), or geriatrics (GNP). Others are trained to address women's health care (common concerns and routine screenings) and family planning. NPs can prescribe medicines.
Physician Assistant (PA)	Medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, and often serve as a patient's principal healthcare provider.
Doctor of Osteopathic Medicine (DO)	Physician licensed to practice medicine, perform surgery, and prescribe medicine.
Registered Nurse (RN)	Graduated from a nursing program, passed a state board examination, and licensed by the state.
Doctor of Physical Therapy (DPT)	Licensed health care professionals who can help patients reduce pain and improve or restore mobility.
Doctor of Chiropractic (DC)	Primarily used as a pain relief alternative for muscles, joints, bones, and connective tissue, such as cartilage, ligaments, and tendons.

**When you go to a doctor's office, you may not see an MD right away or at all. PAs and NPs are trained and certified to provide routine care and often have better accessibility.